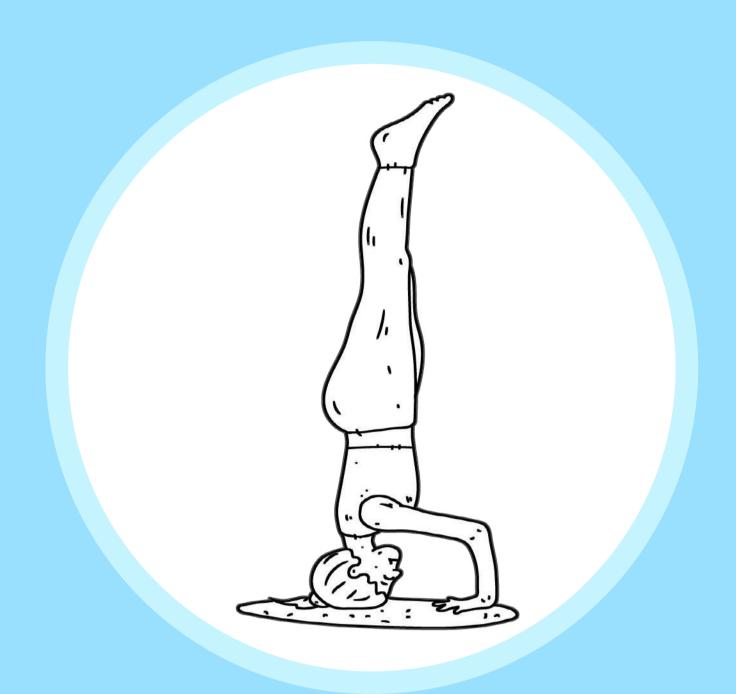
## Loss of Memory (p. 1 of 4)



Sirsasana (head stand)



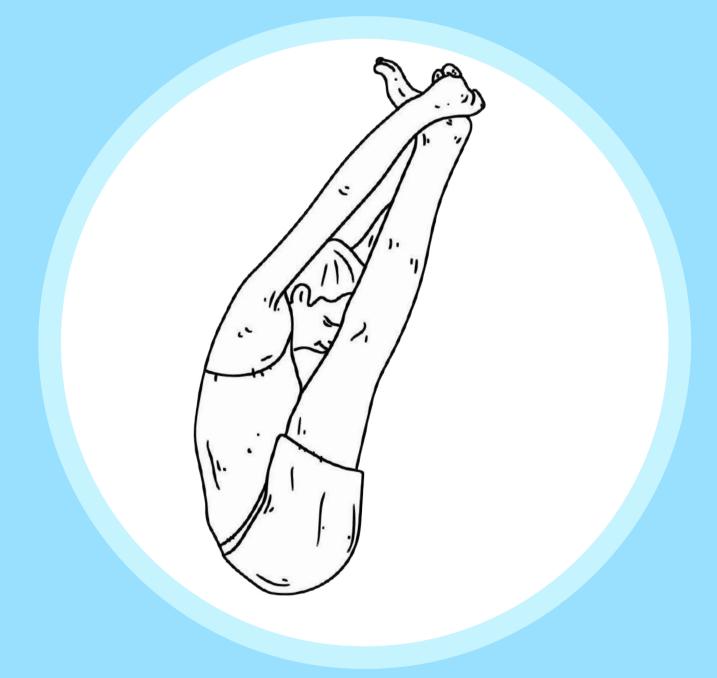
Sarvāngāsana (shoulder stand)



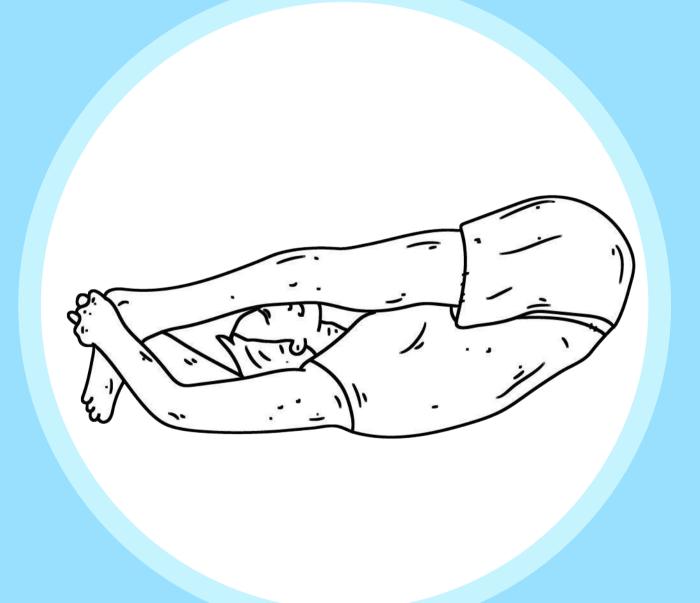
Uttānāsana (forward fold)



Paschimottānāsana (staff)



Ūrdhvamukha Paschimottānāsana I (upward staff)



Ūrdhvamukha Paschimottānāsana II (inverted staff)

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## Loss of Memory (p. 2 of 4)



Trāṭaka (fire gaze)



Nādī Śodhana with Retention



Bhastrika Pranayama



Hakini Mudra



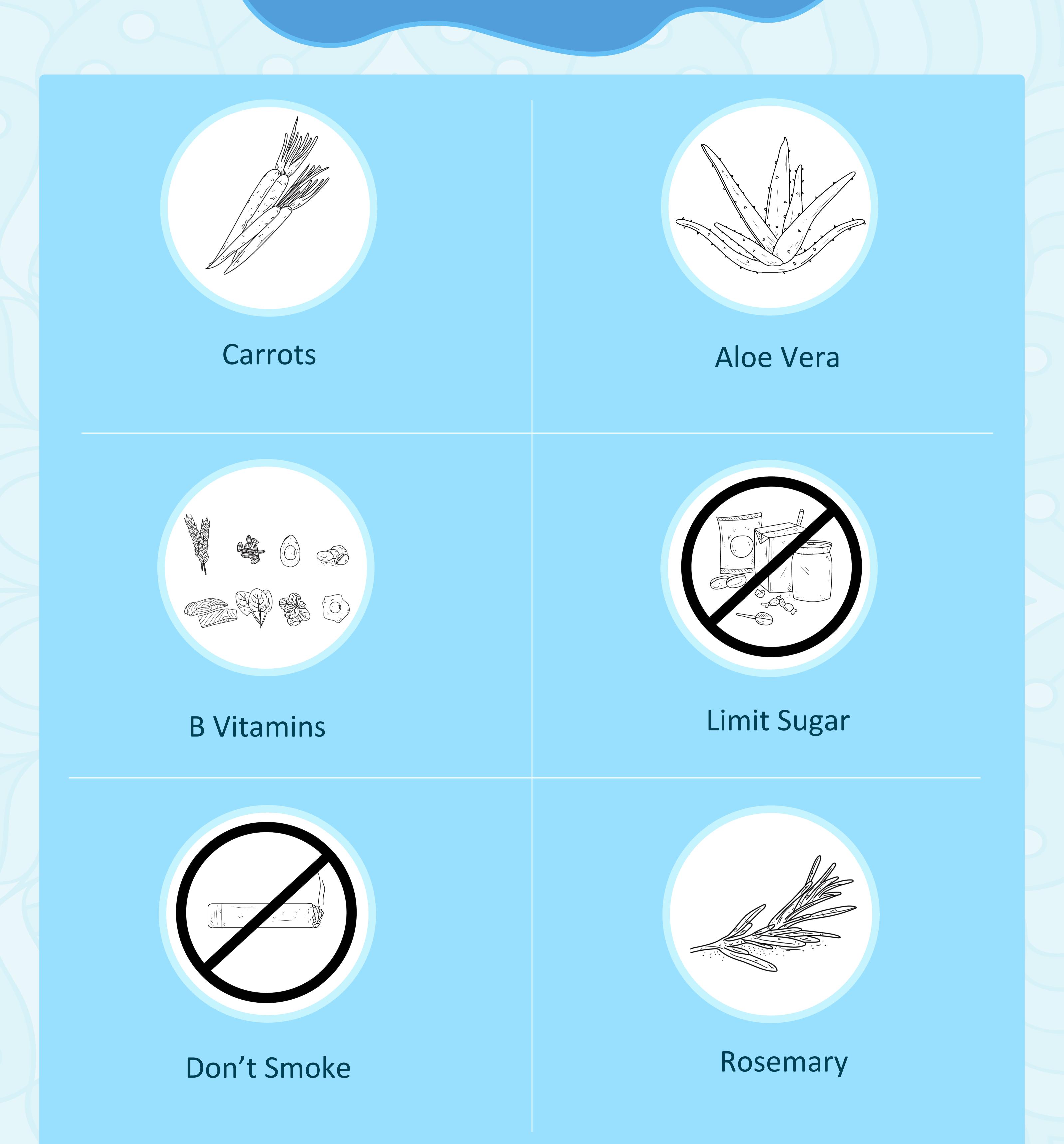
Magnesium



Omega 3s

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## Loss of Memory (p. 3 of 4)



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## Loss of Memory (p. 4 of 4)



Limit Alcohol

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